



# Filosofía yoga para el trabajo: 1 (Gestión de conocimiento) (Spanish Edition)

*Maren Showkeir*

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## **Filosofía yoga para el trabajo: 1 (Gestión de conocimiento) (Spanish Edition)** Maren Showkeir

Un libro práctico para llevar la sabiduría yoga al entorno laboral. Una gestión más armónica de las organizaciones. Formas de recuperar el equilibrio personal y profesional. En occidente, la práctica del yoga se la relaciona únicamente con hacer determinadas poses sobre una esterilla. A pesar de que muchos lo practican, pocos conocen las bases filosóficas en las cuales se sustenta dicha práctica y menos conocer en qué puede serles de utilidad para su vida cotidiana, especialmente en su entorno laboral. Este particular libro se basa en las ocho ramas del yoga tradicionales y ofrece información práctica de cómo aplicarlas al entorno laboral actual a la vida en general. Los autores explican cada una de esas ramas y cómo su aplicación en la vida real a personas alejadas del mundo del yoga les ha traído grandes beneficios materiales y espirituales. Crean apasionadamente que la práctica física del yoga apenas nos muestra unas pocas posibilidades y este libro es una invitación a utilizar toda su sabiduría para mantenerse sanos y con energía a cualquier hora del día y, especialmente, mientras trabajamos.

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